

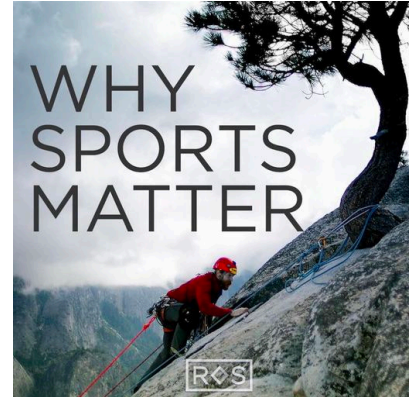
## **More Than a Game (formerly Why Sports Matter)**

Jeff "Cannonball" Guerriero (Authenticity)

*This podcast is available on Apple Podcasts. 34 minutes*

### **Before Listening:**

What is "the true, authentic self?" Describe any connotations and or understandings that are important to your understanding of "the true, authentic self."



What do you think of professional wrestling (think Hulk Hogan, The Rock, John Cena).

### **After Listening**

To what degree do you believe that sports act as a vessel for (many) people to get closer to their true, authentic selves?

"We are what we pretend to be, so you gotta be careful what you pretend to be."

Respond.

What criteria of FLOW (by Mihaly Csikszentmihalyi) is mentioned in this episode?

Respond to what you learned from either Tom Brady or Michael Strahan.

**List questions you have or ideas you would like to discuss**